

Roll A Dice Workout

Play the exercise board game on your own or with a family member or with a friend from your class! Can you keep up with the exercises and win?

Once you have played, we're challenging you to **CREATE YOUR OWN**.

How hard can you make it? What levels can you think of that would make the game more active or more challenging!? Why not use ideas of games you have played at home yourself, or could you add chance cards or bonus activities?!

Once you have created your **NEW WORKOUT** game, have a go at playing with a family member. What did they think of it?



Link to an online dice if you don't have one at home: <https://www.online-stopwatch.com/online-dice/>